

# Nutrient & Toxic Elements - Erythrocytes & Whole Blood Profiles

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## Specimen Collection Instructions

This specimen collection kit can be used for the following test(s):

**0022 Nutrient & Toxic Elements** - Erythrocytes

**0026 Toxic Metals** - Whole Blood

**0037 Nutrient & Toxic Elements NY** - Erythrocytes

**0039 Toxic Metals NY** - Whole Blood

### IMPORTANT:

All patient specimens require two unique identifiers

(*patient's name and date of birth*), as well as *date of collection*.

**Patient's first and last name, date of birth, gender, and date of collection** must be recorded on the **Test Requisition Form** as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

## Specimen

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**Whole Blood**, room temperature, non-fasting

## Collection Materials

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- Royal-blue top Na-EDTA tube, trace mineral free

## Shipping Materials\*

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- Absorbent Pad
- Test Requisition Form
- Personal Health Assessment Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Clinical Lab Pak and Billable Stamp

\* International shipping may vary, please see shipping instructions for more details.

*Please read all instructions carefully before beginning.*

## Patient Preparation

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It is **best to ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.

- **It is not necessary** to have the patient fast
- **It is not necessary** to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.

## Blood Collection

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1. **Write patient's first and last name, date of birth, gender and date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on the royal-blue top Na-EDTA tube, using a permanent marker.
  - **IMPORTANT:** To ensure accurate test results you **MUST** provide the requested information.
2. **Royal-blue top Na-EDTA tube**
  - **Draw** the royal-blue top Na-EDTA tube completely
  - **Invert** the tube gently 10 times immediately after blood draw
  - **Leave** the tube at room temperature.
    - » **DO NOT CENTRIFUGE OR TRANSFER.**

# Specimen Preparation

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1. **Place** the room temperature royal-blue top Na-EDTA tube and absorbent pad into the biohazard bag.
2. **Staple** payment to the bottom right-hand corner of the completed Test Requisition Form. **Complete** the Personal Health Assessment Form. **Fold** and **Place** them in the side pocket of the biohazard bag.
3. **Seal** the biohazard bag; **Place** it into the specimen collection kit box and close the box.

## Checklist (Prior to Shipping)

Includes Blood & Urine Specimens

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### 1. Tubes

- Patient's first and last name, date of birth, gender, and date of collection are written on the Royal-blue top Na-EDTA tube.
- The tube is capped tightly.

### 2. Room Temperature

- Royal-blue top Na-EDTA tube.

### 3. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patients first and last name, date of birth, gender and date of collection are recorded.
- Personal Health Assessment Form is complete.
- Payment is included.



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